

**THE CONTRA COSTA HILLS CLUB**  
**PO Box 2056, El Cerrito, CA 94530**  
**Website: [www.contracostahills.org](http://www.contracostahills.org)**

FIRST CLASS MAIL

**Founded February 22nd, 1920**  
**102 YEARS OF**  
**CONSERVATION—COMPANIONSHIP—HIKING**



**APRIL 2022**



# **KNAPSACK**

**Co-Editors: Silvia Akinaga, Rosemary Johnson**  
**Circulation: Agnes Chen**  
**Printing: Courtesy of Fred Mock**

## **PRESIDENT'S MESSAGE:**

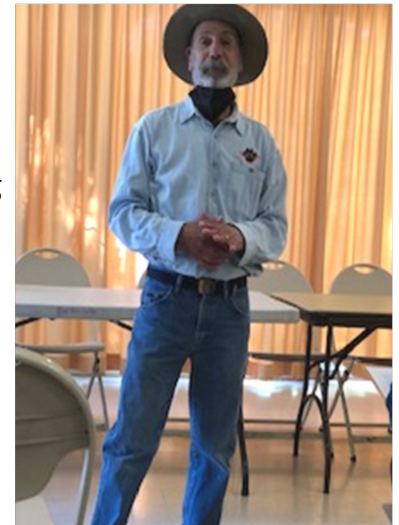
It's spring and the traditional season for renewal and rebirth. Let's hope that life here on Planet Earth improves.

I want to thank everyone who attended the CCHC Annual Meeting on March 20th. It was really nice to see a few faces I had not seen for a while. Yes, it would have been kind if the Lakeside Park Garden Center had informed us a lot sooner about the Oakland Marathon. However, if you arrived from the east and at about 11:00 AM, it wasn't bad and the parking area was more than adequate. Those who came from the west had to maneuver through a maze of closed streets. Nonetheless, several of us got to hike around Lake Merritt.

Thank you to those who provided refreshments and helped clean up at the end of the meeting.

If you are a Committee Chairperson, please let me know the status of your committee members and if there have been any recent changes.

Thank you to Lois Switzer for joining the Conservation Committee and to Fran Ternus for joining the Board of Directors. And if you have not yet paid your annual dues, please remember to send your check to Connie Gee. Lastly, a big shoutout to the Outdoor Outings Committee for the outstanding trip to Anza Borrego Desert State Park last month.



Stew Perlman—Opening remarks at the Annual Meeting

I look forward to continue to have your trust along with the Board and everyone who helps to make our hiking club a wonderful institution. Be well.

See you on the trail...

Stew Perlman

## OPEN HIKE DATES JULY TO SEPTEMBER 2022

The deadline for submission of hike descriptions for the 3rd quarter is April 30, 2022.

**Open Thursday Hikes:** July 7, 21 and 28; August 4, 11, 18, and 25; September 1, 8, 15, 22, and 29.

**Open Sunday Hikes:** July 17, 24, and 31; August 7, 14, 21, and 28; September 4, 11, 18, and 25.

**For Thursday hikes contact:** Jim Baranowski, 925-577-1022, Brnw\_th@yahoo.com

**For Sunday hikes contact:** Fran Leighty, 925-944-9068, cchcleighty@gmail.com

### CCHC AMPLIFIER

CCHC has a snazzy amplifier for folks to use if they want to relay information to the group on an historical or theme hike. Contact Patricia Derickson at [cchchikergal@gmail.com](mailto:cchchikergal@gmail.com), and she will have it charged and ready to go!



### SAVE THESE DATES

- Wednesday, July 27- Summer Luncheon at Jupiter in downtown Berkeley—information to follow.
- Sunday October 16—Thursday October 20—San Luis Obispo outing—look for information in future Knapsack.



Why is everyone exhausted on April 1?

Because they just had a 31-day March.

What do you say when it's raining chickens and ducks on April Fools Day?

FOWL spring weather.



### CELEBRATE EARTH DAY APRIL 22



### CCHC 2022 MEMBERSHIP ALERT \*

Hi Hiker Friends, if you have yet to renew your membership, see below:

For those who receive a mailed paper copy of the *Knapsack*, look at your mailing address label! CCHC members that have not paid 2022 dues by March 25 will have the message "Membership Expires 4/22," members who have paid their dues will see the message "Membership Renewed."

Members who receive the e-*Knapsack*: To avoid disruption in receipt of the *Knapsack*, submit your dues as soon as possible, preferably by April 30.

According to our bylaws annual dues of \$25 per person (\$40 for two people living in the same household) ***PLUS \$8 IF YOU WISH TO RECEIVE THE KNAPSACK VIA US MAIL***, are supposed to be submitted as of April 1, 2022. So, unless you can say, "My check is in the mail," mail it today! Make check payable to "CCHC" and mail to:

Connie Gee  
1121 Brighton Avenue  
Albany, CA 94706

\*The *Knapsack* is sent to all CCHC members via email, except Honorary Members or those who elect to pay an extra \$8 (to cover mailing costs) when renewing their membership.

**Be sure to sign and submit the Contra Costa Hills Club MEMBERSHIP WAIVER AND RELEASE with your membership dues. For a copy of the waiver, go to the CCHC website [www.contracostahills.org](http://www.contracostahills.org) and click on "Membership Information" or refer to the copy printed in the February 2022 Knapsack.**



## CCHC ANNUAL MEETING 2020 March 20, 2022 – Lake Merritt Garden Club

It was a somewhat different but successful meeting. Despite the pandemic and the Oakland Marathon which forced a last-minute change in the start time, we had (for the first time since the pandemic began) an in-person Annual Meeting! While fewer members attended, we met the requirements of a quorum and were able to proceed with the business at hand.

Due to the marathon, the traditional walk around Lake Merritt was, sort of, cancelled although a few hikers did the hike. Other attendees took the opportunity to stroll through the park's beautiful gardens, which were gorgeous on this first day of Spring. As in the past, the Board and other members provided a tasty array of goodies which were thoroughly enjoyed. We were all enthusiastic about being back in-person.

President, Stew Perlman, opened the meeting with comments welcoming everyone and mentioned how the Board has worked to keep up with changing covid protocols in order to keep the hikes going safely. He also recognized members that we have lost this past year. Thanks were given to the Board and committee members, hike coordinators, hike leaders, and hikers – all who have done much to keep CCHC an active and relevant club during these strange times.

Reports were presented (and printed copies distributed) by Suzy Mark, Treasurer, and Beryl Vonderheid, Conservation Committee Chair. Connie Gee, Membership Secretary, reminded everyone that 2022 dues are due and that, if they hadn't already done so, they could renew their membership at the meeting.

No speaker this year, so we proceeded to the election of Board members. Nominees were announced (there were no nominations from the floor), a vote was taken and we now have our 2022-2023 Board. Congratulations all!

The meeting was officially adjourned.

### CCHC 2022-2023 OFFICERS

President: **Stew Perlman**

Vice President: **James Baranowski**

Treasurer: **Suzy Mark**

Recording Secretary: **Cameron Mitchell**

Corresponding Secretary: **Patricia Derickson**

Membership Secretary: **Connie Gee**

Directors: **Gino Bossetto**  
**Mike Branning**  
**Chuck Browne**  
**Mindy Svorny-Moore**  
**Fran Ternus**

2022-2023 Board members: Fran Ternus, Connie Gee, Stew Perlman, Suzy Mark, Patricia Derickson, Mike Branning, Chuck Brown  
Photo by Sylvia Kwan (more Annual Meeting photos on page 8)





CC Canal Trail, 2/24 - Sylvia Kwan

**Thursday, February 17, 2022  
Historic Danville Walking Tour Via Iron Horse Trail  
Leaders: Karen Arntzen & Patricia Derickson**

Twenty-three met at Hap Magee Ranch Park in Danville. Patricia baked cupcakes to celebrate Karen Arntzen's and Linda Malm's birthdays. We signed birthday cards and sang Happy Birthday. Karen read a bit of the history of Danville. It started as a farming community on land purchased in 1854 by Dan and Andrew Inman. Not liking Inmanville, they used the younger brother's name for Danville.



We walked 2 miles on the appropriately named Iron Horse Trail which was the route of the Southern Pacific Railway in 1891. At the old Train Depot, Karen described the early settlement in more detail and then led us on the main street, Hartz Avenue. She provided each of us with a map of the historic buildings. Many of the buildings are preserved from the late 19th and early 20th century, although their purposes have changed.



Birthday gals, San Ramon Valley Museum (old train depot), Walking the Iron Horse Trail - Sylvia Kwan

Fortunately for us, many have been turned into fine eating establishments. The group scattered to find either a green place to eat a sack lunch or a suitable eatery in which to dine.



We met back at the Train Depot having added one when we reached town and lost one who left early so that we were still 23 heading back to Hap Magee. It was a sunny day

so we enjoyed walking in the fine weather viewing the early blooming ornamental cherry trees which were abundant in the neighborhood.

Thanks, Karen & Patricia, for a most enjoyable outing.

Rosemary Johnson

**Tuesday, February 22, 2022  
Brushy Peak Regional Preserve, Livermore  
Leaders: Pat McDonald & Althea Wong**

6.38 miles, 1285' climbing, 11 hikers

Two terrains: Open hillsides, rounded hills cut by creek-lets. The susurrant of wind over grass, when it's not blasting past one's ears, and the chatter of hikers. On the eastern ridges the whoooooosh..... whoosh.... whoosh of blades slicing the air, lungs pumping power into the grid. And the top of Brushy Peak in particular, sandstone boulders interspersed with craggy, struggling old Coast Live Oak trees, notable for the small size, gnarled and dead limbs (the bedrock close to the surface and little sustaining soil).

Scattered flowers: a sprinkling of California Buttercup (*Ranunculus c.*), a lone Checker Lily, some blue and a few yellow Lupine, around the peaks Blue Dicks (*brodiaea*) including one lush stand.

Everywhere clouds, building up in places, marching in ranks coming from the west. Their shadows flowing down steep hillsides. Warm enough in the sun (like at lunch), cool elsewhere.

Expansive views: Mt. Hamilton and down Mines Rd. to the south, Mission Peak and Pleasanton Ridge to the west.

Add in the usual warm companionship...glorious!

Mark Petrofsky

**Thursday, February 24, 2022  
Pleasant Hill Bart to Larkey Park & More  
Leaders: Fran Leighty & David Jadeson**

Our six-mile hike began at Pleasant Hill BART and most of the 19 participants dressed for the cold snap. The sun was shining and the day did warm up so we could shed our layers. We went along the Iron Horse and Canal trails and all was green. One hill was covered in purple and yellow (lupine and mustard). Flowering plum trees added to the beauty of the surroundings.

Flowers - Rita Poppenk

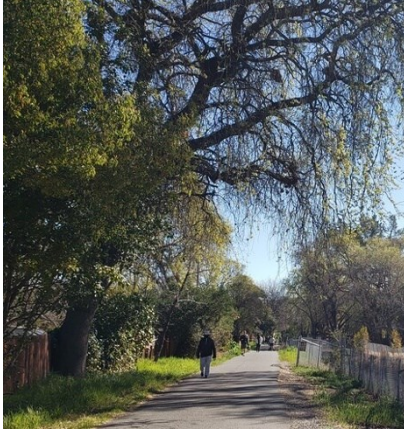




We reached Larkey Park and the Lindsay Museum where a 48-year-old Turkey Vulture was housed outside. To our delight, docents and Penelope, the porcupine, were entertaining and instructing children and their parents. The docents were even hand feeding her. We also

learned that porcupines are classified as rodents. Kind of cute for a rodent!

On we walked to a ridge and then headed back to Larkey to enjoy lunch in the picnic area. Children in the playground and folks walking their designer dogs were enjoying a day in the park. Off in a distance were people in a Tai Chi class. We headed back to BART after lunch.



Porcupine feeding, Trail - Sylvia Kwan

Georgette Armstrong

**Sunday, February 27, 2022**  
**Mt Diablo Foothills, Walnut Creek**  
**Leaders: Mark Petrofsky & Diane Cannon**

The beautiful spring like weather made for a picture-perfect day to hike. After our meet and greet circle at the Castle Rock trailhead, seventeen hikers set off for quite an adventure as there were many creeks (I counted 14 in total for the day) flowing



which was wonderful to see and made crossing them quite exciting and challenging. It was interesting to see the different routes hikers selected! Fortunately, no slips by anyone due

to careful navigation. Along the way we enjoyed the rock formations and Mark explained how these were formed so many years ago. There was a plethora of wild flowers already in bloom. Among them included Prunus, Yarrow, Indian Warriors, Milkmaids, Atriplex hallimus, Gilia, Erodium, Poppies, Purple Owl's Clover, Sun Flowers, Lupines, Indian Paintbrush, Blue Dicks and many



more. The first part of the hike was a climb and we ended up at the bottom of the "Secret Trail". Quite an ominous name, but this

single-track trail led us up to some stunning views overlooking Alamo. This is where we took our lunch break enjoying breathtaking views of the valleys below us.



We then stopped for a group photo before making our way to BBQ Terrace where we enjoyed views of China



Creek crossing, Mustard field, yarrow flower, Hills and craggy peak, Oak tree and poppies - Teresa Schwanauer; Red Owl's Clover, Golden Poppy - Angus Powelson

Wall before heading down Little Yosemite Trail and connecting back up with Stage Road to return to the parking area. An absolutely beautiful

hike with big thanks to Mark Petrofsky and Diane Cannon for leading this hike (but sadly we did miss the usual chocolate bars Mark provides as he left them in his freezer).

Teresa Schwanauer



**Thursday, March 3, 2022**  
**Richmond Marina and Meeker Slough**  
**Leaders: Rosemary Johnson & Sue Fernstrom**

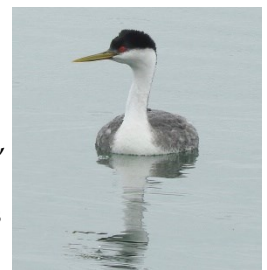
Rain clouds were most prevalent as twenty-two hikers gathered in the parking lot of the former Richmond Ford Motor Company Plant. It was built in 1930 and consid-



Starting out - Ben Hui,; Western Grebe - Noël Siver

ered a rare example of architect Albert Kahn's distinctive 20th-century industrial architecture.

After announcements and good-ies, we headed to Marina Bay as we passed Rosie the Riveter Visitor Center. We meandered our way around the bay as we approached the Richmond Marina filled with a variety of sailboats and other recreational vessels. Rosemary, our leader, pointed out a variety of grebes and two canvasback ducks as





we continued on our hike. Soon, we came upon a beautiful blue heron standing tall in a green field. It remained still long enough for all of us



to see him, and then it took off and landed on the roof of a nearby home. It began to rain as the blacktop trail took us to a congregation of snowy egrets resting in Meeker



Slough. Then on to Meeker Tidal Creek, where Canada geese, mallards and pigeons welcomed us. It was time for



lunch, so we settled down in

Marina Bay Park. Once again it started to rain as some of us left the group while the rest of us



completed the loop to the starting point. The weather may have been gray, but the hike was still a delight. Thank you



to Rosemary Johnson and Sue Fernstrom.

Stew Perlman



Great Blue Heron in yard, SF in hazy distance seen over old dock - Rita Poppenk; Great Blue Heron on roof, Mallard with 2 Snowy Egrets, Strawberry tree flowers, Redbud, Pride of Madeira - Noël Siver

**Sunday, March 6, 2022**  
**Cascade Open Space Preserve**  
**Leaders: Mark Petrofsky & Mark Detterman**  
**CANCELLED**

**Thursday, March 10, 2022**  
**Shell Ridge, Walnut Creek**  
**Leader: Mary Ulrich**

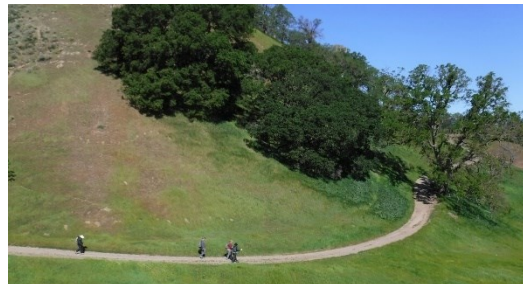
After driving down a one-lane, two-way road to Borges Ranch; twelve hikers joined Mary for a beautiful, four-mile, 650' elevation gain, wildflower-covered hills hike on

a 68-degree day. Francisco Borges and his family established the ranch in 1899. It is a great example of an early 20th century central California cattle ranch, even though this is northern California. The ranch contains barns, corals, out-buildings, a blacksmith shop and antique farm equipment. There are goats, chickens, pigs and sheep cared for by the Pleasant Hill 4H Club. Some of the flowers we saw on our figure 8 trail were Fiddle-neck, Vetch, Buttercups, Mule's Ear, Lupine and Poppies. There were also majestic, old oak trees dotting the



landscape, many with hanging mistletoe. Since the elevation gain was a little higher than advertised, those who wanted a shorter route could have returned to Borges

Ranch at the crossover. It was such a beautiful hike, no one took Mary up on that offer. After all, she did supply the group with protein bars for sustenance. There were beautiful views of Castlerock and Mount Diablo. The



windy skies were clear enough to see far beyond the Carquinez Strait. Along the Briones to Mt. Diablo Trail were

several Wildlife Improvement Pens placed there by the Walnut Creek Open Space Foundation. Two lucky hikers saw bluebirds feeding worms to their offspring using one of the bluebird box houses supplied by Brian Murphy of the California Bluebird Recovery Program and the Walnut Creek Open Space



Starting out, Peaceful view point, Hikers far below, trail beside the pond - Rita Poppenk

Foundation. Unfortunately, the birds were too fast to get a photo. Six hikers stayed to enjoy their lunch at the Hanna Grove picnic tables.

Rita Poppenk



Shell Ridge, March 10 - Rita Poppenk

**Sunday, March 13, 2022**  
**Shell Ridge Open Space, Walnut Creek**  
**Leader: Mary Ulrich**

5.5 miles, 866'

AllTrails <https://www.alltrails.com/explore/recording/activity-march-13-2022-2-21-pm-cf040fc?p=1>

The group of 18 met at the trailhead. Wildflowers were abundant. Mary did a great job leading the group. Conversations flowed constantly as the group hiked and continued over lunch.

The main group turned right at 2.2 miles to stay on the Ridge Top Trail, then looped back to meet the slower hik-



ers at Bob's Pond. All and all, a very nice day. Sprinkles threatened before the start, but the sun peeked through and we had beautiful light on the green hills, and the trails were dry.

Excellent grill at the picnic stop; too bad we didn't use it!

Angus Powelson



Sun and clouds, Farm animals, Lunch spot - Angus Powelson



**Wednesday, March 16, 2022**  
**Mountain View Cemetery, Piedmont**  
**Leaders: Sets Amann & Carol Savio**

Seventeen members walked with the leaders from Rockridge BART to Mountain View Cemetery on a sunny, springlike day. Sets provided delicious "Irish" cookies to each participant pre-hike. We enjoyed a route through the Rockridge neighborhood to view lovely Craftsman-style homes, and curated, drought-resistant gardens. On arrival at MVC, we were met by three more members and one visitor, along with

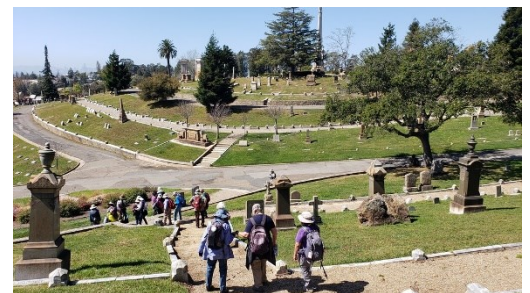


MVC docent, Jane Leroe. Over the course of two hours, our docent led us to 17 Famous Women's Gravesites in the quiet beauty of MVC, graced with a blooming wisteria trellis and a beautiful tulip garden. Among the famous women in MVC are Sara Lemmon, 19th-century botanist,



the first woman to advocate for the California poppy as the state flower, which it became in 1903; Ina Coolbrith, California's first poet laureate in 1915; Anna Head, pioneer in women's education, founder of Anna Head School in Berkeley, combined

with Royce School in Oakland, now 135 years old; Julia Morgan, first California woman licensed as engineer and architect, designed and built numerous buildings, including Hearst Castle at San Simeon; Jane K. Sather, donated monies for the construction of Sather Gate and the Campanile on the UCB campus; Freda Ehmann, 19th-century entrepreneur, known as the mother of the California canned-olive industry. CCHC member and historian, Noël,



ended our tour with the gravesites of Emily Fish and Juliet

Docent Jane Leroe with notebook - Rita Poppenk; entry to MVC, panoramic view of MVC - Sylvia Kean

Nichols, the first female lighthouse keepers in California at Angel Island and Pt. Pinos near Monterey respectively. We last visited the grave of Harold French, early Sierra Club pioneer, and founder of CCHC in 1920.

Afterward, some enjoyed ice cream at Fenton's on Piedmont Ave... Yum! Thus fortified, we continued down Piedmont Ave. to 41st St. through the Temescal neighborhood of Oakland. Our trek ended at MacArthur BART.

Carol Savio

## 2022 ANNUAL MEETING PHOTOS



Beautiful Lake Merritt, photo Sylvia Kwan



Flowers, photo S. Akinaga



The marathon, photo Sylvia Kwan



Jon Mark, Patricia Derickson, photo Sylvia Kwan



Tori Gate, photo S Akinaga



Ben Hui and friend, photo Sylvia Kwan



Gate to Garden Center, photo Sylvia Kwan



Garden Center, photo S. Akinaga



Someone forgot their hat!  
Photo Sylvia Kwan

**NOTE: The Board and Conservation Committee are currently not physically meeting due to COVID-19 shelter in place orders.** CCHC members should contact Stew Perlman with any concerns so they can be discussed at the meetings. Conservation issues should be addressed to Beryl Vonderheid.

Please submit your hike write-ups of up to 300 words as soon as possible after each hike to Rosemary Johnson at [compasros@comcast.net](mailto:compasros@comcast.net). All other submissions should reach Silvia Akinaga at [sakinec@aol.com](mailto:sakinec@aol.com) by the middle of the month to appear in the following month's issue.

## OFFICERS & COMMITTEES 2022—2023

### President

- Stew Perlman

### Vice-President

- James Baranowski

### Treasurer

- Suzy Mark

### Recording Secretary

- Cameron Mitchell

### Membership Secretary

- Connie Gee

### Corresponding Secretary

- Patricia Derickson

### Board of Directors

- Gino Bossetto
- Mike Branning
- Chuck Browne
- Mindy Svorny-Moore
- Fran Ternus

### Hiking Schedule

- Fran Leighty, **Sunday Chair**
- Jim Baranowski, **Thursday Chair**

### Hiking Schedule Editor

- Noël Siver

### Knapsack Editors

- Silvia Akinaga
- Rosemary Johnson

### Knapsack Mailing

- Agnes Chen

### Knapsack Printing

- Fred Mock

### Extracurricular Coordinator

- Lois Switzer

### Nominating Committee

- Cameron Mitchell, Chair
- Dorothy Bradt
- Reyanne Freeman
- Lily Ho

### Social Committee

- Lucy Perdichizzi, Chair
- Patricia Derickson
- Reyanne Freeman

### Overnight Outings Committee

- Ed Osada, Chair
- Bill Chen
- Helen Wong Johe
- Rosemary Johnson, minutes
- Mindy Svorny-Moore
- Lynne Vogensen

### Conservation Committee

- Beryl Vonderheid, Chair
- Barbara Mow
- Silvia Saunders
- Jo Anne Schultz
- Kate Steinel
- Nancy Stout
- Lois Switzer

### Audit Committee

- April McMahon
- Linda Margossian
- Herb Yonge

### Historian

- Yvonne Moss

### Website Group

- Gino Bossetto
- Chuck Browne
- JJ Libbon
- Fred Mock